A close-up photograph of a Scops Owl with its eyes closed, showing its characteristic facial disc and mottled brown and white plumage.

Photo taken by  
Victoria from our  
Shared Lives scheme in Wales

June 2022

This is Ategi's bi-monthly newsletter, bringing you stories from across our services and updating you on all things Ategi.

## In this newsletter you'll find:

-  A message from Kate Allen
-  A memorial for Maxine
-  Ategi updates
-  Now that's what I call talent
-  Take care of yourself
-  Shared moments



Photo taken by  
Victoria from our  
Shared Lives scheme in Wales

Please send your stories and pictures to Kitty Treacy,  
[kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)

# A message from Kate Allen, Chief Executive

Shwmae Pawb/Hello Everyone,

The first 100 days of a new CEO appointment is often called the 'encounter stage' as regardless of the pre & post job offer research, you never really know what to expect!

I am delighted to share that my encounter experience (on day 60 of 100) has been a positive journey so far.

My priority on joining was to meet, listen and learn. I've been doing a lot of that and I am really proud to share that I have met almost 90% of our Ategi team, across England and Wales, face to face. This is a really valuable time for me, and for Ategi, as this opportunity for a fresh perspective doesn't happen often.

As I've got to know and feel our culture and values, I have been better positioned to work with the team and continue the co-produced strategy work that was undertaken earlier in the year. This has culminated in five clear priorities that will inform why we do what we do and how we do it. Our core reason for being is to support people to live their best life, their way. Therefore, of our five strategic priorities, our focus will always be on the provision of quality support; and making sure that Ategi is a great place for our staff, for people who want to volunteer and for our carers. Over summer I will be finalising our full strategy and it will be available on our website (which has been relaunched this month with a fresh new style – please take a look!)

The pandemic restrictions on social contact greatly affected our ability to keep in contact with each other and the personnel changes at Ategi over recent months complicated that further. Shared Lives Teams across Wales and England are planning events for this year that Rebecca Belaidi, Ategi's Head of Operations, and I both hope to be at.

The remainder of my 'encounter stage' will see me continuing to prioritise connecting with people by linking in with carers and people we support; and other groups/organisations with whom we work.

If we haven't met already, I hope to meet you over the course of the year.

# Memorial for Maxine, you will be missed.

It is with great sadness that we share with you that Maxine, who was supported through our Supported Living service, has passed away. Maxine was a passionate and tenacious individual, through Supported Living she was supported to live in her own home and even have her own car.

Gail Reece, Supported Living scheme manager wanted to share this statement about Maxine:



*She loved having a laugh and she had a great sense of humour, she would take on any challenge...*

"Maxine was a very strong driven, smart individual who would always say: "well let's look good as everyone stares, so let's give them something to stare at".

I've known Maxine for 11 years, she was a big animal lover, and would always support a homeless man down Cardiff Bay. She loved having a laugh and she had a great sense of humour, she would take on any challenge and would say: "let me try, if I can't I will ask for help, but let me do it for myself first". Everyone in Grangetown, where Maxine lived, knew her. There was a time when someone stole her phone and Grangetown was up in arms and the whole town rallied behind her.

Maxine would never take no for an answer, when I used to do my visits Maxine would love to make me homemade soup and sometimes I used to take my own food but she would insist it went home with me.

If I was to describe Maxine in a few words I would have to say: strong-minded, brave, inspirational, independent and knowledgeable. Maxine would always share everything with me, good or bad, and she would say "you will get this sorted".

I will miss her so much, it's very strange my phone not going off so often."





# Ategi updates

## Ategi's new website launched!



If any of you have been to Ategi's website you'll have seen our beautiful new look and our new branding! As part of this process staff, carers, the people we support, family & friends have been involved in helping us to develop the new website. We're really pleased with it and we hope you are too. We have even included a section called "Ategi people" this section of the website is especially for you. Many pages are currently still being developed, and we're keen to hear from you if there's anything you'd like included. Please get in touch if you have any ideas! [kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)

## Check your ID



Is your Shared Lives ID all up to date? Please do have a check and contact your schemes office if you need a new one.

## Are you ready to ramble?



This September we will be holding a community event, the Ategi Summer Ramble. We'll be planning a ramble in your area and everyone is welcome to take part, or even organise their own ramble in their local community. You can do it just for fun or to raise money for Ategi.

If you would like to get involved contact Sheleagh at [SheleaghL@ategi.co.uk](mailto:SheleaghL@ategi.co.uk) or phone on 07597 590 657.

## Let us know about your holidays



It's that time of year when we're all excited to go on holiday! Please remember to let your schemes know at least a month before you're due to go away and make sure you send through your holiday forms.

## Support Thomas' sponsored walk!



Thomas, who is supported through our Shared Lives service, is doing a sponsored walk to raise awareness and money for the Young Minds Trust, a charity supporting mental health in children. Thomas has been with Ategi for over 5 years, over the last couple of months, with the encouragement of his PA Dave, Thomas has pushed himself to take part in healthier activities. Thomas has combined this drive with an event that seeks to give back in a special way for a cause that is close to his heart, mental health support for young children. Thomas will be doing a sponsored 100 mile walk over a few weekends!

We're so proud of Thomas for taking on this challenge. If you want to show support for Thomas, and this great cause, make sure you donate to him here: <https://gofund.me/2533a970>

**If you'd like to include a story or photo in the newsletter or if you have any questions about anything you've seen, contact Kitty on [kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk)**

# Now that's what I call talent!

We're always excited to show off the talents and achievements of the people we support.

Make sure you share any achievements and creations with Kitty on: [kittyt@ategi.co.uk](mailto:kittyt@ategi.co.uk) or via Whatsapp: 07597 590 664.

Make sure  
you send  
us your  
photos  
and  
stories!



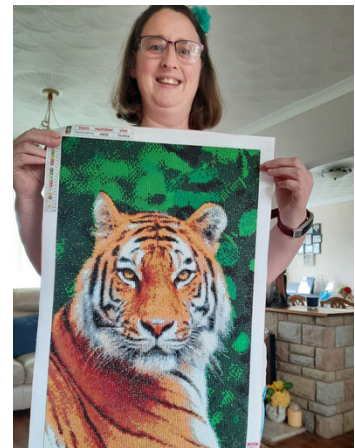
Ategi ninja, Chris, has done it again and has earned himself yet another belt in Kickboxing! This time he's gotten his white yellow belt. Well done Chris!



Fran is supported to do lots of hobbies through Visiting Support, one of them is horse riding. Here's fran helping to wash down Fifi the horse after her ride.



Garad has shared with us more of his artwork with us. Some lovely abstract modern pieces here. Beautiful work Garad!



Grazelda, Wendy's Shared Lives carer, has shared Wendy's latest diamond project that she made for Grazela's son, Jamie. It was specially requested by Jamie and took Wendy 4 weeks to complete!



Victoria has shared some of her latest wildlife photos with us, which you can also see on the front page of the newsletter. Victoria recently took these on a course she took called Wings of Wales. Victoria is support through Shared Lives.



# Take care of yourself



Wellbeing impacts on all elements of your life. It's especially easy to burn out when you work in social care, so it's really important to take care of yourself.

The NHS has defined 5 steps to mental wellbeing:



1

**Connect with other people**

Good relationships are important for your mental wellbeing. They can:

- help you to build a sense of belonging and self-worth
- give you an opportunity to share positive experiences
- provide emotional support and allow you to support others



2

**Be physically active**

Being active is not only great for your physical health and fitness. Evidence also shows it can also improve your mental wellbeing by:

- raising your self-esteem
- helping you to set goals or challenges and achieve them
- causing chemical changes in your brain which can help to positively change your mood



3

**Learn new skills**

Research shows that learning new skills can also improve your mental wellbeing by:

- boosting self-confidence and raising self-esteem
- helping you to build a sense of purpose
- helping you to connect with others

Even if you feel like you do not have enough time, or you may not need to learn new things, there are lots of different ways to bring learning into your life.



4

**Give to others**

Research suggests that acts of giving and kindness can help improve your mental wellbeing by:

- creating positive feelings and a sense of reward
- giving you a feeling of purpose and self-worth
- helping you connect with other people

It could be small acts of kindness towards other people, or larger ones like volunteering in your local community.



5

**Be present**

Paying more attention to the present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

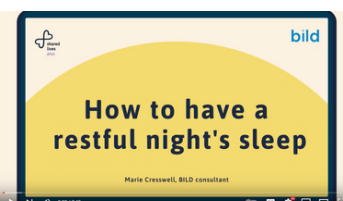
Take a look at some of the short video's that Shared Lives Plus have made to support you with the day-to-day:



Watch film



Watch film



Watch film



Watch film

# Shared moments...

Here are some moments that you all shared with us.



Kelsey had a great time enjoying the sunshine at an Ed Sheeran concert with her Shared Lives carer and siblings.



Charles started volunteering for the animal charity PDSA, and they sent him a thank you card thanking him for his hard work so far!



Michelle is supported through our Shared Lives scheme in Bucks and she recently adopted a rescue dog called Lucky. Lucky is now registered as an Emotional Support Dog and goes absolutely everywhere with Michelle.



Anthony and Geoff live with their Shared Lives carers Claire and Bon. Seems they rub shoulders with some important people because here's Anthony with the Mayor!



We always love hearing from our carers and the people we support, but especially so when it's to thank us for a job well done.

Our coordinator, Phil, received a thank you card for the support he provided his Shared Lives carers, Kavia and Dave.

Phil went above and beyond to arrange respite accommodation for the ladies they support.

Well done Phil!

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## We want to hear from you!

Would you like to share your news or story in the newsletter, or on our social media?

Show off your skills and creations in our "Now that's what I call talent" section.

Do you have any ideas of other things you'd like us to include? Please do get in touch with your ideas. This newsletter is for you, and we'd love to hear what you'd like to see.

**Email or WhatsApp your photo's/ stories and suggestions:**

Email: [Kittyt@ategi.co.uk](mailto:Kittyt@ategi.co.uk)    Whatsapp/Mobile: 07597 590 664